

FOR IMMEDIATE RELEASE:

received via e-mail

Justice, Inc., Indiana's statewide civil rights organization for gay, lesbian and HIV issues, has joined the Hate Crimes Reporting Network of the Indiana Civil Rights Commission.

Those who have been a victim of a hate crime, especially because they are (or are perceived to be) gay, lesbian, bisexual, or transgendered, should contact Justice President Wally Paynter at 1-800-537-7243 ext. 4873 or 812-474-4873, or e-mail him at paynter@midwest.net. Or leave a message for him at 317-634-9212.

In Indiana there is no hate crime reporting statute. In an effort to enhance hate crime reporting, the Indiana Civil Rights Commission has created this network. The purpose of the network is to collect and report data on hate crimes, to educate law enforcement about hate crimes, to encourage compliance with the hate crimes statistical act of 1990, and to educate the community about hate crimes.

During the 14 month period from August 1996 through December 1997 only 39 hate crimes were reported to the network in Indiana, of which only 4 were against the gay and lesbian community. "I have no doubt that more hate crimes are being committed against gays and lesbians than what is being reported in Indiana. It is imperative, as our state considers future hate crimes legislation, that the gay, lesbian, bisexual and transgender communities document the hate crimes that are committed against us," states Justice President Wally Paynter.

Paynter further states that all reporting will be kept confidential, and that anonymous reports can be taken. Also, if you know of a hate crime that the victim did not report, you are encouraged to report the crime yourself to the network. Without this documentation, we can not prove what a serious problem this is.

"I am proud that Justice is taking the lead in the state's gay and lesbian community on this issue," concluded Paynter.



INTERVIEWEES WANTED

I am currently writing a feature article on gay and lesbian travel and would particularly like to speak to lesbians, gay men, bisexuals, and transgendered people about their experiences.

I am focusing on all-lesbian or all-gay male cruises and high-end land travel. If you have been on a Hans

Ebenstein trip, a gay male cruise ship, or an Olivia or other lesbian cruise or Club Med vacation-or some similar vacation-I would love to speak to you or correspond via e-mail about your experiences. Confidentiality will be respected if you desire. Please contact:

Karla Jay: KJPhD@aol.com

Justice, Inc.

Seeks Volunteers for

Lesbian Health Project

Speakers Bureau

Voters Registration Drive

For more information, contact Justice at:

(317) 634-9212 or

e-mail us at lesbianhealth@justiceinc.org

Justice, Inc., PO Box 2387, Indianapolis, IN 46206

Justice, Inc. is Indiana's Statewide Civil Rights Organization
On Gay, Lesbian and HIV issues

COMING BACK TO INDIANAPOLIS.....

one show only for both artists.

Saturday, September 26, 8:00 pm,

Suzanne Westenhoefer at The Walker Theatre

\$20/advance-General admission followed by a dance at the Utopia sponsored by Women in the Arts, Inc.



Saturday, October 31, 8:00 pm

Kate Clinton at The Indiana Roof Ballroom followed by dancing and door prizes at the Utopia in celebration of their 1 Year Anniversary \$20/advance-Cabaret seating- Individual Seats and Tables of 10, 6 and 4 are available. All "reserved" tables of 10 will be on the Main Floor.

Mail Orders: Send S.A.S.E. & check to: Branching Out Productions, c/o Shows, P.O. Box 2907, Indianapolis, IN. 46206-2907 (include your day/pm phone number)

Questions?? Call 317-923-8550 or e-mail DinoBOP@AOL.com

September 19 & 20....

PFLAG Great Lakes Regional Conference is being held in South Bend, IN at the Holiday Inn 515 Dixieway North. The Michiana PFLAG chapter is hosting this event and is expecting 70 members from chapters in IN., Mich. and Ohio. The Michiana Chapter of PFLAG was established in 1992 by two mothers with gay sons. PFLAG promotes the health and well being of lesbigayt (lesbian, bisexual, gay & transgendered) persons, their families, and friends through support education, and advocacy, to end discrimination and secure equal civil rights.

The theme for this conference is "Effecting Positive Change" and people will be sharing a variety of topics: problems they have encountered and positive solutions they have discovered. Panel presentations and discussions include * Gays and Lesbians as parents, * Lesbigayt persons coming out in straight marriages, * Religious groups that have become more inclusive, * "Dialoguing" with the Christian Coalition, * Reaching teachers and school counselors to make schools a safer place, * The transgendered experience and resources for support. Conference registration is \$50. per person. until September 4. After September 4, registration will be \$60. Registration includes handouts and lunch and dinner on Saturday. Please call Nancy or Hank Mascotte at 219-277-2684 for further information.

NATIONAL COMING OUT DAY BRUNCH SCHEDULED

Justice, Inc. has scheduled a brunch for Sunday, October 11 at 12 noon at the Omni Severin Hotel in downtown Indy. Kerry Lobel, Executive Director of the National Gay & Lesbian Task Force will be the featured speaker. Several prominent statewide awards also be given. Tickets are \$25. per person. Send your check or money order payable to "Justice, Inc." and mail it to: Justice Brunch, P.O. Box 2387, Indianapolis, IN. 46206 A confirmation of reservations will be sent to you in the mail.

COMMUNITY EVENTS

Sunday, September 6... Midwest Womyn's Autumn Fest
DeKalb, Illinois (65 miles west of Chicago)
 Gates open up at 11am, One day with workshops, crafts and music performers including Ferron, Alice DiMichele, Jamie Anderson, Ann Reed, & others. \$25 Advance, \$32 gate
 info: autumnfest@aol.com

September 7 - 13th... Womenfest in Key West, Florida
 Boat trips, Dive trips, Dinners, Dancing, Film festival, Sunset sails, Pool Parties, Water volleyball, Wet t-shirt contest, and more....

SASE: Womenfest, 201 Copitt Road, #106A, Key West, Fl. 33040 or call Jacqueline Harrington 305-296-4238

Saturday, September 12.....Ohio Lesbian Festival
Frontier Ranch, Kirkersville, Ohio 11am-11pm (rain or shine) Market area with over 70 vendors, workshops, food & beverages and performers, Lucy Blue Trembley, Marga Gomez, Slammin' Babes (June & Jean Millington) and others

\$24 Advance \$30 at the gate..... For info: P.O. Box 82086, Columbus, Ohio 43202 or call 614-267-3953

"SINGLED OUT"

Saturday, September 19, 5:00 p.m.....

The singles group will have a cookout/potluck followed by a campfire. Bring a dish to pass, your own meat to grill (we have the grills) and a lawn chair. If it rains, we'll move inside and have a video and/or games. **EVERYONE IS INVITED!!** This event is not limited to singles. Spread the word, bring a friend. Thanks to Southside Church for the use of the facility. Hope you can make it! If you need directions or more info please call Linda: 219-257-9082 or Lynn: 219-259-6801

LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M.

FOR INFO: WRITE TO LSG,

P.O. BOX 1612, MISHAWAKA, IND. 46544

Kalamazoo Gay/Lesbian Resource Center

C.A.R.E.S Building, Lower Level

629 Pioneer Street, Kalamazoo, Mich. 49001

voice mail: (616) 349-4234

SAPPHOS NETWORK

A support/study/social group for North Central Indiana,
 P.O. Box 118, Kewanna, IN 46939-0118
 (219) 595-7542



NORTH/CENTRAL ALLIANCE

A way to make new friends and have a good time. Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana... North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903. Voice Mail...317-454-8868

BATTLE CREEK CONCORD GROUP

meets the 1st & 3rd Thursdays from 7 to 9 pm. We are a group of gay & lesbians who enjoy laughing with old friends and meeting new friends. For more info, please call JR (616-962-6672) or Lynn (616-963-5873) or Arlene (616-988-9563)

LESBIAN GROWTH & SUPPORT GROUP

meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For Info....219-424-7977 Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199 Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

PFLAG (Parents & Friends of Lesbians and Gays)

Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For More Information...Nancy 219-277-2684, Sue 219-277-3012, Niki 219-295-6086, Pat 219-294-5152 or Dave/Karen 219-294-3868 or write P.O. Box 4195, South Bend, 46634-4195

National Organization for Women (NOW)

The Chapter meets the first Wednesday of each month from 7 - 9 pm, St. Joseph County Public Library, Main Branch, 304 S. Main, South Bend

NEW SOCIAL/ACTIVITY GROUP FORMS IN AREA

Born in January 1998, Community Spirit, organized in St. Joseph, has brought together gays and lesbians from St. Joseph & surrounding towns. Biweekly meetings offer a chance to network and meet friends. The group plans events and activities including dances, Pride field trips, beach parties, video & game nights and theater/concert outing to other cities. Community Spirit meets every 2nd and 4th Wednesday of the month. Special events include July Beach Pride, Halloween Costume Dance (Oct. 24), and Thanksgiving Day Feast and Fun (Nov. 26). For more info on Community Spirit, call Julie Kimball at 616-982-1300 or Terry Kuseski at 616-925-7371, or e-mail Julie at MsJKK2U@aol.com

TO LIST YOUR GROUP OR UPCOMING EVENT ON THIS PAGE, PLEASE SEND THE INFORMATION TO PO BOX 845, MISHAWAKA, IN 46546

THE WEIGHT OF THE WORLD

by Lee Lynch



Weight is a weighty subject. I've been sensitive about being skinny. Now I'm sensitive about being heavier than I'd like to be. I can't win, even when I'm arguing only with myself.

Nobody else wants to hear about it. This blocky shape that I've become worries no one but me. Lover likes my new solidity. I seem generally more confident and outgoing these days, but I have no idea if that has anything to do with shape shifting.

I grew up skinny. Everyone in my family who's been long-lived has been thin. This convinces me that with my genes I would do well to shed whatever pounds might bring my silhouette back toward the Ichabod Crane model.

Believe me, I love that Chantal and Pam and Lucy are big women. I'm not into judging anyone but myself although I'm sure society's measuring tape has ingrained itself in my consciousness.

Have another Ghirardelli chocolate chip. I only know how to spell the name because they're in front of me. Seventy calories per 1 and 1/3 cup. Not bad. Calories from fat: 35. Oh.

I hate knowing these things! And I hate having no will power. How did this happen to me? I loved being a skinny androgynous person.

Age happened. I remember when I first started getting a tummy. I got an exercise book. It detailed the YMCA or Marine or some such regimen. I was gung-ho and followed it religiously. It didn't take many push ups to develop the tendonitis of the shoulder that I live with to this day.

Another book was specifically geared to flattening one's stomach. I was not religious enough. Yoga was great, but I suspect only yoga instructors can put in the time to shape up. Certainly I couldn't, balancing a full time job and a writing career.

Something else happened a little more recently. I was cured of my food allergy. Before that my eating choices were severely limited. After the cure, by an acupuncturist using the NAET program which re-programs the body, I began experimenting.

My allergy had been to corn. Because corn is so pervasive in America, I couldn't eat white flour, white sugar and a host of over foods processed with corn containing some derivative. Over the months I learned to eat Mexican food (corn tortillas), returned to Chinese food (corn starch) and dove into American food (corn syrup). I could eat pickles again, and tartar sauce and Cheerios. Potato chips and fudgesicles and Three Musketeers! Rich butter-fatty ice cream and anything I wanted at potlucks.

We went to the fair last weekend. I went hog wild, eating Italian sausage for lunch and cinnamon-sugar dough-boys for dessert. I tasted the funnel cake Lover was sharing with friends.

Last night I swore I'd have tea instead of indulging in taste orgies. Ha! I'm a born-again glutton ready to take on any dish that appeals plus thirds. I dream of creamsicles. I fondly recall the summers of my youth when I lay on the beach reading and delighting in a Milky Way. I haven't tried corn on the cob yet, but give me another week.

This burgeoning middle aged appetite came at a bad time. Middle age to be specific. This is when the thickening of the body occurs with no help at all. When menopause makes a person like me more nervous and I add compulsive eating to my recipe for living. When arthritis sets in and I, for one, became disabled for a year because of corrective foot surgery. I couldn't partake of optimal exercise (no complaints from me). When I needed medications to resolve one problem and their side effects created another-- weight gain.

I understand that it's okay not to be an anorexic model. That's not what I aspire to. I just want to be able to climb stairs again without feeling like I'm lugging sacks of potatoes in my pockets. I just want to stop buying all new sizes year after year. I just want kids to taunt androgynous me on the streets like they used to.

My mother-out-law said it had been so good to see us enjoying food on her last visit. She'd witnessed me discovering Ben and Jerry's Cherry Garcia. A whole pint of it at once. So much good food, so little time.

Lover went blue berrying the other day. Six pounds she brought home. Such discipline. I would have wolfed down half of them as I drove.

I went shopping on the Web. Climbing pants have roomy gusseted crotches. Baggy jeans are still in style. T-shirts come in extra-large. Send me clothes with room to move.

There's no stopping me now. The joy of cooking's become a lifestyle. I only follow one rule, the quote we have posted on our refrigerator door.

"Never eat more than you can lift." -- Miss Piggy



WELLNESS CORNER

By Susan Myers, R.N., LCSW, HTP,
Holistic health counselor

HOMEOPATHY

Developed in 18th Century Germany, homeopathy is a system of medicine based on the theory that "like cures like" - a poison that causes symptoms of illness in a healthy person can treat the same symptoms in one who is ill. The substances are diluted many times to make the remedy safe to use, yet homeopaths believe sufficient "likeness" remains between the remedy and the illness to stimulate the body's self healing abilities. Homeopathy is one of the most popular complementary therapies. Well established in Europe, Australia, and India, it is undergoing a revival in the United States.

HISTORY

The principle of "like cures like" can be found in the writings of the "father of medicine: Hippocrates, which date from the 5th century B.C., and has been echoed through the ages in folk cures, such as rubbing frostbite and with snow. A German doctor, Samuel Hahnemann, rediscovered this principle in the late 18th century. Rejecting the severe medical practices of his time, he developed homeopathy, taking the name from the Greek *homoios* (same) and *pathos* (suffering). His first experience with homeopathy was with quinine which created malaria like symptoms that made it effective in treating the disease.

The American Institute of Homeopathy was founded in 1844, but faced with the demands for "rational" medicine, homeopathy had almost disappeared in the US by the 1930's, reemerging only in the 1970's. Today, homeopathy is undergoing a resurgence of popularity in the US. Sales of homeopathic medicines grew by 1000% from the 1970s to the 1980s and by 50% between 1988 and 1990. There are probably between one and two thousand homeopaths practicing in North America, including 500 physicians. A 1993 report in *The New England Journal of Medicine* suggested that 2.5 million Americans used homeopathic medicines and 800,000 patients visited homeopaths in 1990.

THEORIES

The body is said to be integrated by a "vital force", which maintains it in a state of health. Since it is this vital force that is affected by the energetic qualities of the remedies, homeopathy is often referred to as a form of energetic medicine. We are using one subtle energy, that of the remedy, to influence another energy, the energy field of the person or vital force, to raise itself to a higher degree of organization of functioning, thereby eliminating symptoms that have occurred in the body. If this force is put under strain, illness can result. Symptoms of illness are seen by homeopaths as signs that the body is using its natural powers of self-healing to fight back. Homeopathic treatment seeks to stimulate this self-healing process rather than to suppress symptoms. The remedies are not selected to support the nutritional or metabolic needs of the body nor to attack pathogens. Rather, the goal is to very subtly provoke or challenge the vital force, in a sense, arousing it so that it will bring all the body's systems to a high level of order and harmony, thereby eliminating the symptoms and pathogens.

REMEDIES

Hahnemann applied the principle of like cures like to stimulate the vital force to fight an illness, the remedies are derived from substances that induce symptoms similar to those of the illness. For example, eyebright, an irritant herb, is used in a remedy to soothe sensitive eyes, while belladonna is used to treat scarlet fever, because the symptoms of belladonna poisoning are very similar to those of scarlet fever. Remedies for treatments are made from plants, animals, and minerals. They are usually administered in the form of small pills that enter the bloodstream directly by dissolving under the tongue. The remedies are prepared by a process called potentization, which involves repeatedly diluting and shaking the material until only an extremely dilute amount remains. Practitioners have approximately two thousand remedies available from which to choose. Each remedy has been experimentally tested on human beings to determine what types of individuals respond most strongly to the substances. The subtle energetic qualities of the original substance are somehow acting upon the energetic qualities of the person. Patients are classified according to their particular constitutional type, and symptoms are grouped, with unusual ones considered more significant than common ones. Treatment is said to work according to the three basic laws of cure: that symptoms move down from the top of the body, outward from the inside of the body, and from the most important organs to the least important, with long-standing complaints taking longer to disappear than those that developed more recently.

SYMPTOMS

In diagnosis, the homeopath is not focusing on a conventional medical diagnosis, but rather on gleaning an accurate picture of the symptoms themselves. The symptom picture is then matched with a remedy. The ideal remedy is the one substance that would create the exact same symptom pattern if given to a healthy person. By doing this, a generalized defense response is triggered in which the whole organism functions in a better way, both physically and mentally. Treatment is thus an attempt to provoke the body to summon up its own healing resources rather than having the treatment itself alleviate the symptoms. The remedies stimulate a deep cure on emotional, mental, as well as physical levels of the person. It can cure long, deeply held phobias, as well as chronic diarrhea. The main uses for homeopathic remedies include but are not limited to long-term and relapsing disorders; asthma and allergies; anxiety, nervous tension, shock; skin disorders; menstrual and menopausal problems; insomnia; teething; weight loss; stopping smoking; and problems in pregnancy, including morning sickness. As stated earlier, symptoms are matched with the remedy, thus, the practitioner takes a very careful history (similar to the Traditional Chinese Medicine) to facilitate the appropriate remedy.

Since homeopathy is a noninvasive and nontoxic approach, the choice of a practitioner need not necessarily be based on licensing or certification from the point of view of safety, except for ruling out serious health threats.

Since there is no standard certification, your best bet in choosing a practitioner is to decide for yourself how important their training and credentials are for you and then give consideration to how comfortable you feel with them on a personal basis. You should certainly ask for references, from both professionals and former patients.

Alternative medicine by William Collinge.



COURT OF FRIENDS



Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#76.....Looking for Friendship/Commitment A 28 year old WF that is faithful and trustworthy. I'm also a non-smoker. I enjoy music, movies, playing darts and pool. I like to go out as well as stay home and I love animals. I'm looking for someone with the same interests that would enjoy making a new friend and maybe a lover.

#77.....Mature 29 year old in search of woman in her 30's. Honest, affectionate, spiritual and good communication skills a must! I have been called attractive and feminine. I am a professional but am playful and down-to-earth. I love walks on the beach, quiet times together, music, bicycling for leisure, movies and creative endeavors such as candle making, stained glass and the list goes on. I am a non-smoker, non- drug user, drink an occasional glass of wine (would prefer the same). I would like a feminine woman who is secure with who she is and assertive with her beliefs and ideals. I am searching for depth. Please respond and let's meet for a coke/cup of coffee. Friends first.

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\$\$\$ in Real Estate investing...219-291-2342 or 291-2482
Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS STAFF

Please send submissions to Open Arms, P.O. Box 845,
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Kaye & Marcia.....219-271-0338
Suze.....219-254-8676 (beeper)

IN THE NEWS *rec'd via e-mail Ducks, Dykes, Dynamos.....*

As the University of Oregon women's basketball team, the Ducks, warms up on the court, Aretha Franklin belts out "Respect" over the loudspeakers. The song echoes through Mac Court, which, just a few minutes before game time, is almost empty. The girls aren't listening to the music, but they do look up in the stands and notice the sparse crowd. In the reserved seats directly behind the players' bench are a hundred or so "Daisy Ducks," mostly retirement-aged women in emerald green sweats and yolk-colored scarves and retirement-aged men in bottle green polyester trousers. These are loyal women's athletics boosters who buy reserved-seat season tickets and come to every game. They like to watch the women play, but the real attraction, the reason they come here rather than to the men's games, is the intimacy. Coach Jody Runge knows many of their names. The players recognize the regulars, smile and wave at them, take a moment to joke with them. They can't get this feeling of connectedness at a men's game. Here they feel like part of an extended family. They are grandparents to the team. After Thursday night home games, the most devoted supporters host a catered party in a nearby campus building. Jody shows up to say a few words. The girls filter in and allow themselves to be congratulated or consoled, depending on the night.

In the bleachers just above the reserved seating sits the lesbian contingent, alone and in groups, with and without children, staunch fans who used to play or wished they played or just like to watch women play. Last year someone in the athletic department got wind of a rumor that some fans were planning to bring a big hand-painted banner to Mac Court that read "Dykes for Ducks." There was much consternation about this, but the banner never materialized.

The relationship between lesbian supporters and teams, whether the teams have lesbian players or not, is a complex one. On one hand, coaches, athletic directors and the players themselves welcome the solid and enthusiastic support they get from the group of fans who happen to be lesbians. On the other hand, there is a feeling, not often publicly expressed, that visible lesbian support will hurt women's basketball. It is not so much that the coaches or the players are overtly homophobic, although there may be some of that going on; it is rather that most of them accept the societal precept that homosexuality is a stigma, that to call a player a lesbian is to insult her. Women athletes, gay and straight, have grown up in a culture steeped in traditional gender roles, a culture that allows, encourages and expects men to be strong, aggressive and competitive--and looks with suspicion on women who exhibit these same traits (and men who do not). Women are nurturing, not combative; soft, not hard; passive, not aggressive. If real men don't eat quiche, then real women don't grab rebounds. The other group of stalwart fans besides the Daisy Ducks and the lesbian contingent is the little girls. They are 7, 8, 9 and 10, skinny and skittish, dressed in scuffed-knee jeans and Oregon T-shirts. They play on city teams already and come to watch the women they hope someday to become. They are of that protected, preadolescent age when girls can have big dreams, that time before they learn the hard lessons about what girls should and shouldn't hope for, what real women can and can't do. The little girls know the players' names, and they have favorites, but mostly they can't take their eyes off Jody. Sometimes a parent will walk a daughter to the players' bench while the team is warming up. "Coach Runge, this is my daughter Jenny," or Anna or Alexis, the parent will say. "She just wanted to meet you." Jody will bend from the waist, extend her long arm and shake the girl's hand. The girl will stand motionless and wide-eyed, then break ranks and run back to her friends, giggling. She will talk about the experience for weeks afterward.

By Lauren Kessler.....Lauren Kessler directs the graduate program in creative nonfiction at the University of Oregon. This is adapted from her *Full Court Press: A Season in the Life of a Winning Basketball Team and the Women Who Made it Happen* (out this month in paper from Plume) Copyright 1996, The Nation Company, L.P. All rights reserved

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Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only.

Our mailing list is kept confidential and never given to other publications or special interest groups.

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September 1998

Schedule of Events

- Sept. 5...Stacie & Tammy Ann celebrate an Anniversary



- Sept. 12....Appearing at The Electric Brew
Singer/songwriter, Heather Kropf from Pittsburg, PA (Goshen College Graduate)

- Sept. 19....Appearing at The Electric Brew
Singer/songwriter, Tonya Savory from Louisville, KY

- Sept. 25....Appearing at The Electric Brew
Singer/songwriter, Heather McLeod from Montreal, Quebec

- The Electric Brew is located at 136 South Main Street, in Goshen (U.S. 33 & S.R. 15 both run on Main St. for about 6 blocks). The Brew is on the corner of Main & Washington Streets.



"A WOMEN'S CIRCLE" is
Broadcast from 6:00 PM to 7 :00
PM every Sunday on WGCS, 91.9
FM

To list an event or celebration on this calendar page you can call or send the information to us at PO Box 845, Mishawaka, IN 46546 or e-mail a staff member (see page 5 for addresses & #'s)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 1 Birthday Wishes for Mary C.	2	3	4	5
 6 Happy Birthday Kim K.	 7 Best Wishes Phyllis	8	 9 Ann T. celebrates a birthday today	10	11	12
Lisa O. is having a b-day today  13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	Jean M. Best Wishes  30			